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EATING FOR BETTER HEALTH



GOOD FOOD FOR GOOD HEALTH

Eat a variety of foods. Eat many different kinds of fruits and vegetables. Choose some dairy products and some meat, eggs, poultry, fish, or beans daily. Be sure that some of the breads and cereals you eat are whole-grain.

Watch your weight. Try to do some physical activity every day. To lose weight you should also eat less sugar, sweets, and fats, and should cut down on the amount of food that you eat.

When shopping, choose foods that are less fatty, such as lean meats, chicken, fish, and dry beans and peas. Trimming off excess fat before cooking will save calories. Try to boil, bake, or broil food instead of frying. Shortening, butter, margarine, and salad dressing are examples of foods high in fat.

Starchy foods and foods with fiber are healthful foods. Some starchy foods are peas, corn, rice, potatoes, and bread. For more fiber, choose whole-grain breads, cereals, fruits, vegetables, beans, peas, and nuts often.

Taste the real flavor of foods. Cook with just a little bit of salt, not a lot. Many canned and packaged foods, such as many snack foods and soups, come with salt already added. Check the label.

Sugar has calories, too. Count them. Candies, pies, pastries, sweetened drinks and punches, jams and jellies, cookies, and cakes are high in sugar. Read food labels. If sugar, sucrose, or corn syrup appears first on the label, then there is a large amount of sugar in the food.



INTRODUCTION

This booklet contains breakfast, lunch, dinner, snack, and low-calorie menus and recipes that do not cost much money and are easy to prepare. If you use food stamps, it can help you get the most for them.

We have included recipes that are old favorites, as well as some new ones. The recipes contain less fat, cholesterol, salt, and sugar than you may be used to. Many scientists believe that eating this way is important for good health. Give yourself a chance to enjoy the new flavors.

You should also eat a variety of foods for good health. Vary the ways you prepare and serve these foods.

Only the low-calorie menus say how much food you should eat. How much of the other foods you need depends on your age, sex, size, weight, and how active you are. You can use the serving size given with each recipe as a guide to how much of these and similar foods to eat.

Beverages in the menus are not named. Children should have two to four servings of milk each day. Adults need some milk daily, too. Lowfat and skim milk products have about half the calories of whole milk. Skim milk made from nonfat dry milk for cooking and drinking will cost less than fluid skim milk.

August 1981

Reviewed and approved for reprinting, April 1988

The Food Stamp Program is available to all eligible people regardless of race, color, creed, sex, national origin, age, political beliefs, or handicap.

Breakfast

...is Smart!

1. Be a
morning-meal
maker.



2.

Eat breakfast.
Feel strong.

3.

You can
work and play
better.



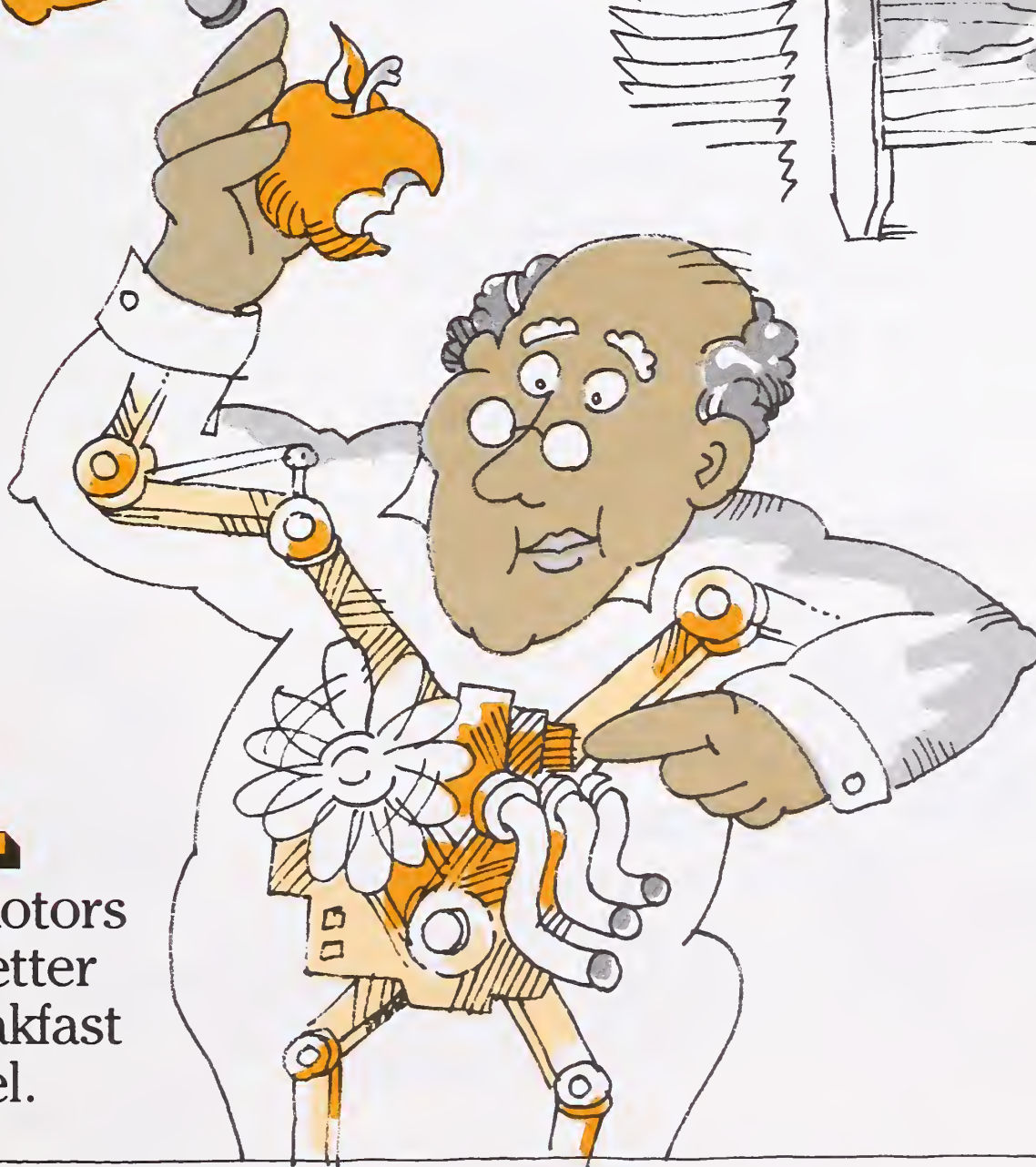
4.

Children
think better at
school.



5.

Body motors
run better
on breakfast
fuel.



Breakfast Ideas

**Recipe included*

Something Different

Baked chicken leg
Tomato wedge
Biscuit
Beverage

Fresh fruit salad
Lowfat cottage cheese
Roll
Beverage

Cranberry juice
Hot cereal with
apples and milk
Beverage

Unsweetened orange juice
*Whole-wheat pancakes
Maple-flavored syrup
Beverage



*Eat something.
Many foods will do.*

*If you can't eat when you
get up, take breakfast
with you. Eat later.*



Meals to Carry With You

*Leftover meat or
poultry sandwich
Fruit

Cheese toast
Tangerine

Hard-cooked egg
Carrot sticks
Whole-grain bread

Unsweetened fruit
juice

*Peanut butter and
banana sandwich

**FOR SAFETY KEEP
COLD FOODS COLD AND
HOT FOODS HOT.**

Other Ideas

Unsweetened grape-
fruit juice
Lowfat cottage cheese
Whole-wheat toast
Beverage

Tomato juice
Cooked egg
Rye toast and jam
Beverage

*Yogurt fruit crunch
Beverage

Meals in a Hurry

Unsweetened orange-
pineapple juice
Ready-to-eat cereal
1% lowfat milk
Toast and jam

*Fruit milkshake
Whole-grain bread

*Orange punch
Whole-wheat crackers



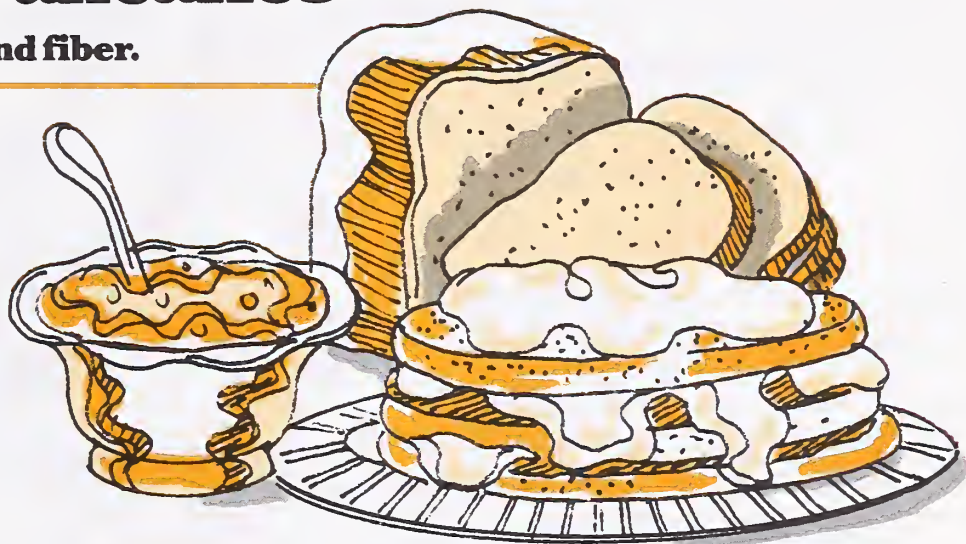
*If you are in a hurry,
make breakfast the night
before or fix a quick meal.*

Breakfast Recipes

Whole-Wheat Pancakes

Whole-wheat flour adds flavor and fiber.

- $\frac{3}{4}$ cup whole-wheat flour
- $\frac{3}{4}$ cup white flour
- $2\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup nonfat dry milk
- $1\frac{1}{4}$ cups water
- 1 egg
- 3 tablespoons oil
- apple butter (optional)



Makes 16 pancakes, $3\frac{1}{2}$ inches each. Two pancakes per serving.

1. Put dry ingredients into large bowl and mix well.
2. Beat egg and add water and oil. Then beat until mixed.
3. Mix liquid ingredients into dry ingredients. Stir only until mixed. The batter will be lumpy.
4. Cook on lightly greased hot griddle or pan. Turn over when bubbles appear and continue cooking until golden brown.
5. Top with 1 tablespoon of apple butter, if desired.
6. Freeze extra pancakes. For a quick breakfast, heat frozen pancakes in toaster just before serving.



Meat or Poultry Sandwich

Sandwiches are great for breakfast, too!

Put leftover sliced meat or poultry on whole-grain bread for a breakfast sandwich.

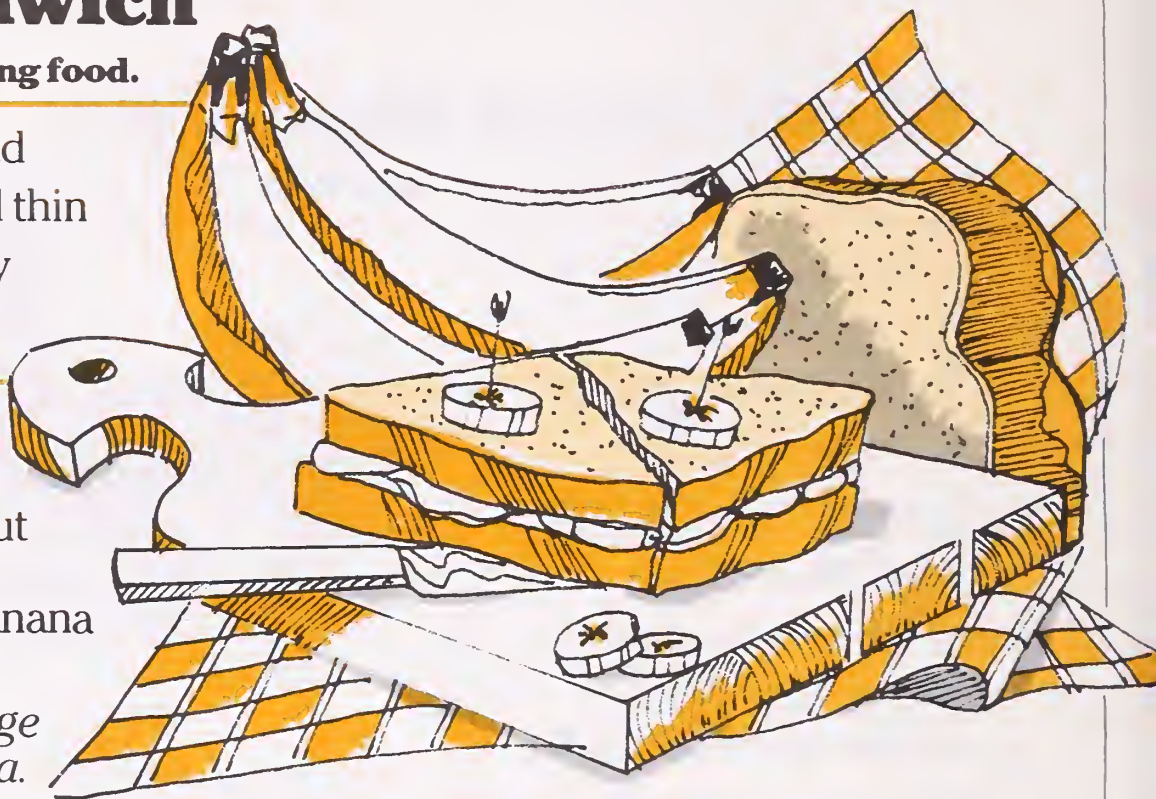
Peanut Butter and Banana Sandwich

Easy, make-ahead, take-along food.

8 slices whole-wheat bread
2 medium bananas, sliced thin
 $\frac{3}{4}$ cup smooth or crunchy peanut butter

Spread peanut butter on whole-grain bread. A sandwich containing about 3 tablespoons of peanut butter and half a sliced banana is enough to make a meal.

Variations: Try sliced orange or apple instead of banana.



**New
Idea**

Yogurt Fruit Crunch

It's smooth, crunchy, and sweet.

2 cups plain lowfat yogurt
1 cup dry cereal (granola type or dry crunchy cereal)
1 cup fruit, fresh or canned in light syrup or natural juices

Spoon layers of cereal, yogurt, and fruit into four individual bowls.

Makes four servings, 1 cup each.



Fruit Milk Shake

A delicious new way to serve fruit!

3 cups ripe fresh fruit in season
or canned fruit in light
syrup or natural juice.

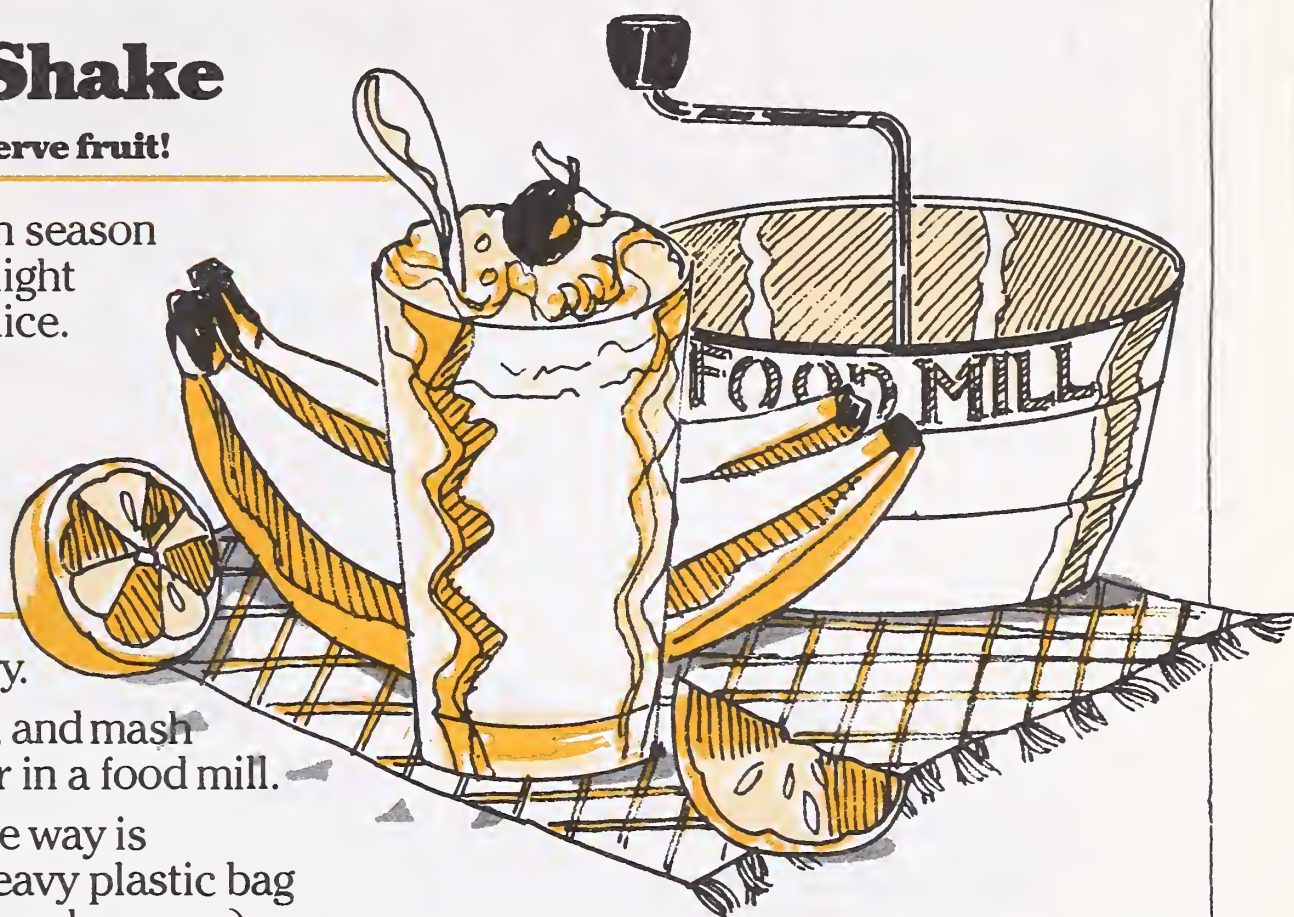
$\frac{1}{2}$ cup nonfat dry milk

1 cup water or drained
juice from can

8 ice cubes

1. Peel fruit if necessary.
2. Cut fruit into pieces, and mash through a strainer or in a food mill.
3. Crush ice cubes (one way is to place them in a heavy plastic bag and use a rolling pin or hammer).
4. Blend fruit, milk powder, and liquid with a beater. Add crushed ice and blend again.

Makes approximately four servings, 1 cup each.



Orange Punch

**A quick, refreshing drink
for any time of day.**

5 cups cold water

1 cup nonfat dry milk

12-ounce can concentrated
unsweetened orange juice

1. Mix water with milk powder and add concentrated juice.
2. Stir well or blend.
3. Chill.

*Makes four servings, approxi-
mately 14 ounces each.*



Save money.
Eat better.

Bring

Lunch along

Whether
working, shopping
or playing.



Mix and Match

Outside

Whole-wheat bread
Rye bread
Cornbread
Enriched white bread
Cracked-wheat bread
Corn tortillas

In a Thermos

*Minestrone soup
*Fish and vegetable
chowder
Rice and beans
*Beef stew
Leftover casserole

**Recipe included*

Inside

American cheese
*Chickpea spread
*Chicken salad
Leftover meat loaf
*Fish salad
*Cottage cheese with
chopped vegetables
Egg Salad

Beverages

Milk
Buttermilk
Iced tea or coffee
Unsweetened fruit
juice
Vegetable juice

FOR SAFETY KEEP
HOT FOODS HOT AND
COLD FOODS COLD.

Inside or on the side

Cherry tomatoes
Shredded lettuce
Celery stuffed with
peanut butter
Cucumber slices
Radishes
Mixed salad with
dressing
Spinach leaves
Zucchini strips
Carrot sticks
Green pepper strips
*Marinated green bean
salad

Endings

Fresh fruit
*Summer fruit salad
Unsweetened fruit
juice
*Oatmeal muffin
Fig bars

Lunch Recipes

**New
Idea**

Chickpea Spread

Spread on bread for a tangy treat.

- 1 $\frac{3}{4}$ cups cooked chickpeas or garbanzo beans (save liquid)
- 2 tablespoons lemon juice
- 1 tablespoon mayonnaise
- $\frac{1}{4}$ teaspoon garlic powder

Variation: Beans in the recipes can be canned or cooked from dry beans. To cook dry beans, cover them with two to three times as much water as beans. Soak overnight and add water and then cook 1 $\frac{1}{2}$ to 2 hours.

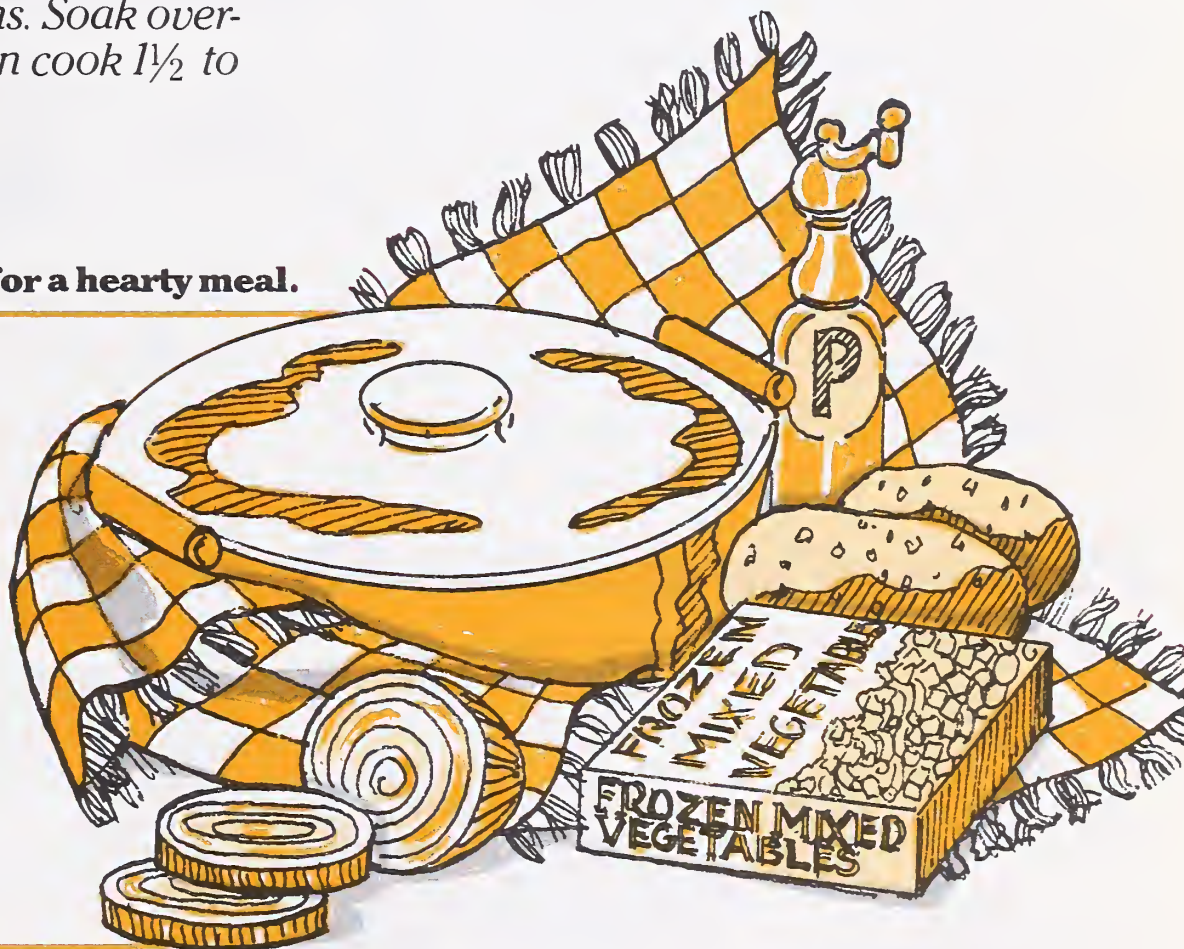
1. Drain chickpeas, saving liquid.
2. Mash and blend chickpeas. Add 1 tablespoon chickpea liquid and the lemon juice, mayonnaise, and garlic powder. Mix until smooth.
3. If too thick, add a little more chickpea liquid or water.

Makes six servings.

Beef Stew

Bring some cornbread along for a hearty meal.

- $\frac{1}{2}$ pound beef, chuck
- 2 medium onions, cubed
- 4 medium potatoes, cubed
- 1 10-ounce package frozen mixed vegetables
- 1 teaspoon oil
- 2 tablespoons white flour
- 3 $\frac{1}{4}$ cups water
- dash of pepper
- $\frac{1}{4}$ teaspoon garlic powder



1. Cut beef into cubes. Brown on all sides in oil.
2. Add 3 cups of water and simmer three-quarters of an hour.
3. Add onions and potatoes, simmer one-half hour longer.
4. Add pepper, garlic powder, and frozen mixed vegetables. Cook another 10 minutes or until potatoes are done.

5. Make a paste with remaining $\frac{1}{4}$ cup of water and 2 tablespoons of flour. Add paste to stew while stirring. Cook stew about 3 minutes more until thickened; add water if stew becomes too thick.

Makes four servings, 1 $\frac{1}{4}$ cups each.

Variation: Add other vegetables, such as carrots and green beans.

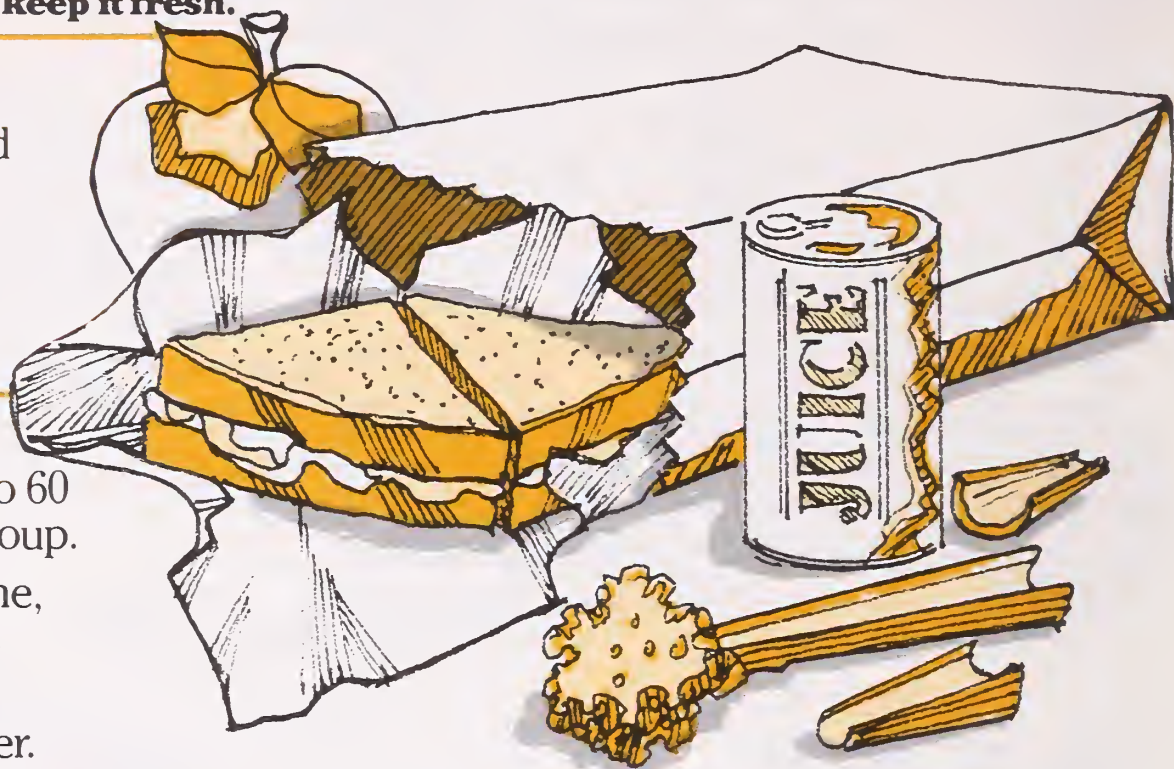
Chicken Salad

Carry the salad with a refreezeable ice pack to keep it fresh.

- ½ chicken
- 2 large stalks celery, chopped
- ¾ cup apple chunks
- 2 tablespoons mayonnaise
- ¼ teaspoon salt

1. Boil chicken in water. Simmer until tender (45 to 60 minutes). Save broth for soup.
2. Cool, remove skin and bone, and chop coarsely into ½-inch pieces.
3. Mix all ingredients together.

Variation: When in season, try pineapple chunks or seedless grapes, halved, as a substitute for apple.



*Makes four servings,
½ cup each.*

Fish and Vegetable Chowder

Take this along in a thermos for a hot lunch.

- ½ pound fish fillets or fish steaks, fresh or frozen, or 1 pound whole fish
- 2 teaspoons margarine or oil
- 1 onion, chopped
- 3 potatoes, cubed
- 2 cups water
- 3 tablespoons flour
- ½ teaspoon salt
- pinch of pepper
- 4 fresh carrots, thinly sliced
- 2 stalks celery, finely chopped
- 2 cups milk

1. Thaw fish if frozen. Remove skin and bones, if necessary. Cut fish into 1-inch pieces.
2. Heat margarine or oil in a 3-quart pot.
3. Cook onion in the fat until yellow and tender. Add flour and stir well. Add water slowly while stirring. Add potatoes, carrots, celery, salt, and pepper.
4. Cook covered 10 to 15 minutes or until almost tender. Add fish.
5. Cover and simmer 5 to 10 minutes or until vegetables and fish are cooked through.
6. Add milk and heat again.

Makes four servings, 1½ cups each.

Cottage Cheese Spread

Also good as a dip for raw vegetables.

$\frac{1}{3}$ cup lowfat cottage cheese
 $\frac{1}{2}$ small onion, chopped
 $\frac{1}{3}$ small green pepper, chopped
 $\frac{1}{2}$ carrot, finely chopped
1 stalk celery, chopped
 $\frac{1}{8}$ teaspoon pepper

1. Press cottage cheese through strainer into bowl.
2. Chop vegetables very fine.
3. Add the vegetables and pepper to the cottage cheese. Mix well.
4. Refrigerate for 1 to 2 hours.
5. Spread on whole-wheat bread, toast, or crackers.

Makes $1\frac{1}{3}$ cups or four servings, $\frac{1}{3}$ cup each.

Marinated Green Bean Salad

Pack in a plastic container or glass jar.

9- or 10-ounce package frozen green beans
 $\frac{1}{2}$ small onion, finely chopped
2 tablespoons vinegar
2 teaspoons oil
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{16}$ teaspoon pepper

1. Boil beans gently in $\frac{1}{2}$ cup of water or steam them just until crisp and tender. Do not overcook. Drain liquid off, and use it later for making soup.
2. Combine onion, vinegar, oil, salt, and pepper. Pour over hot beans.
3. Cool and chill.

Makes four servings, about $\frac{1}{2}$ cup each.

Variation: When in season, use $\frac{3}{4}$ pound of fresh green beans.

Summer Fruit Salad

Change the fruit depending on what is in season.

$\frac{1}{2}$ cup cubed melon or watermelon
 $\frac{1}{2}$ cup fresh or canned pineapple in natural juice or light syrup.
1 cup diced fruit: pears, apples, peaches, etc.
 $\frac{1}{4}$ cup orange juice

1. Cut up fruit.
2. Combine fruits and orange juice.
3. Stir.
4. Chill 1 hour or more.



*Makes four servings,
 $\frac{1}{2}$ cup each.*

Variation: When in season, try seedless grape halves or other fruits as a change.

Oatmeal Muffins

A tasty way to end your meal.

¾ cup whole-wheat flour
¾ cup white flour
1 cup uncooked oatmeal
1 tablespoon baking powder
3 tablespoons sugar
¼ teaspoon salt
1 egg
1 cup milk
¼ cup oil

1. Preheat oven to 400° F.
2. Combine flours, oatmeal, baking powder, sugar, and salt. Mix well.
3. In a separate bowl, beat egg. Add milk and oil. Stir well.
4. Add liquid mixture to flour mixture. Stir until just blended; batter should be a little lumpy.
5. Pour into greased and floured muffin pan.
6. Bake 15 to 20 minutes or until muffins spring back when touched.

Makes 12 muffins, 3½ inches each. One muffin per serving.

Fish Salad

This can cost less than tuna salad and tastes good, too!

1 pound whole fish or ½ pound fresh or frozen fillets
2 tablespoons chopped green pepper
1 tablespoon chopped onion

2 tablespoons mayonnaise
⅛ teaspoon salt
pinch of pepper

1. If fish is frozen, thaw.
2. In a large pan, boil enough water to cover half the fish. Place fish in boiling water and reduce heat. Cover immediately so that fish simmers. Turn fish once half-way through cooking period to cook other side. Cook until fish is done and flakes easily with a fork (about 20 to 25 minutes for whole fish and about 10 minutes for fillets). Remove fish from water. Save liquid for soup. (To bake fish, bake covered in preheated 350° F oven until fish is done and flakes easily with a fork, about 30 to 40 minutes for

whole fish or about 20 minutes for fillets.)

3. Chill fish well. Remove skin and bones, if necessary. Cut fish into small pieces, 1¼ cups total.
4. In a separate bowl, mix all other ingredients. Blend in fish gently.
5. Serve immediately or refrigerate up to 2 days.

Makes four servings, about ⅓ cup each.

Variation: Add 1 to 2 tablespoons lemon juice.



ADD SOME
VARIETY
TO YOUR
Dinner
MEAL



Dinner Menus

*Minestrone soup
Spinach and
potato omelet
Cornbread
Plain yogurt with
fruit and/or wheat germ
Beverage

Chicken, rice, and
vegetable casserole
Tossed salad with
tomato
Salad dressing
Ice milk
Beverage

*Chicken cacciatore
Spaghetti
Steamed broccoli
Mixed green salad
Salad dressing
Beverage

Split pea soup
*Super salad
*Lo-cal salad dressing
Whole-wheat bread
*Pineapple cheesecake
Beverage

*Mini meat loaves
Mashed potatoes
Succotash
*Marinated green
bean salad
Beverage

Broiled pork chop
Boiled potatoes
Cooked seasoned
greens
*Marinated garden
vegetable salad
Unsweetened
applesauce
Beverage

*Beef, beans, and
macaroni chili
Cooked peas
Cracked-wheat bread
Fresh fruit
Beverage

**Recipe included*

Dinner **Recipes**

Minestrone Soup

An exciting twist to vegetable soup.

- ½ onion, chopped
- 1 small potato, cubed
- 1 small carrot, sliced
- 1 teaspoon oil
- 2 cups water
- ½ teaspoon oregano
- ½ teaspoon basil (optional)
- ⅛ teaspoon garlic powder
- ½ teaspoon salt
- pinch of pepper
- ½ zucchini, sliced
- 1 cup cooked kidney beans
- 1 cup canned tomatoes
- 2 ounces spaghetti (broken into 2-inch pieces) or elbow macaroni



Makes four servings, about 1 cup each.

Variations: Other vegetables such as peas, green beans, spinach, and swiss chard may be substituted for the zucchini, or used in addition to it. Other herbs may be added, too, such as 2 teaspoons fresh or ½ teaspoon dried parsley, ¼ teaspoon sage, and ⅛ teaspoon marjoram.

- 1.** Fry onion, potato, and carrot in oil until onion is golden brown and soft.
- 2.** Add water, oregano, basil, garlic powder, salt, and pepper. Boil gently for 15 minutes.
- 3.** Add zucchini and boil gently for 15 more minutes.
- 4.** Add beans, tomatoes, and spaghetti or macaroni. Boil 12 to 15 more minutes until spaghetti or macaroni is just cooked.

Chicken Cacciatore **A low fat Italian treat.**

- 1 small onion, chopped
- ¼ cup water
- 1 cup canned tomatoes
- ½ cup tomato puree or sauce
- ½ teaspoon garlic powder
- 1 teaspoon oregano
- ⅛ teaspoon pepper
- 4 chicken pieces

Makes four servings, one piece of chicken each.

- 1.** Boil onion in water until tender in a covered 1-quart saucepan. Do not drain.
- 2.** Add tomatoes, tomato puree or sauce, garlic powder, oregano, and pepper to onions. Simmer 10 minutes to blend flavors.
- 3.** Place chicken in frying pan. Pour tomato mixture over chicken.
- 4.** Cook, covered, over low heat until chicken is tender, about 45 minutes.
- 5.** Uncover and cook 15 more minutes to thicken tomato sauce.

Marinated Garden Vegetable Salad

A make-ahead salad that lasts for many days.

1/3 cup vinegar
2 teaspoons oil
1/8 teaspoon garlic powder
pinch of pepper
1/2 large cucumber, cubed
2 small tomatoes, cubed
1 green pepper, sliced
1/8 small cabbage, shredded
2 small carrots, thinly sliced
12 radishes, thinly sliced
1/2 onion, chopped

1. Mix vinegar, oil, garlic powder, and pepper in a large bowl.
2. Add vegetables and mix well.
3. Refrigerate covered several hours or overnight to marinate. Will keep several days.

Makes 8 servings, about 3/4 cup each.

Variations: Chopped raw broccoli or cauliflower, diced celery, sliced zucchini, and chickpeas or other beans may be added. Fresh or dried dill weed or other herbs may also be added.

Super Salad Add leftovers to this salad for a delicious change!

1/2 head lettuce, torn up
12 radishes, thinly sliced
2 stalks celery, diced
1/2 green pepper, thinly sliced
1/2 carrot, thinly sliced
1/2 large cucumber, thinly sliced
2 small tomatoes, cubed
2 green onions, chopped
1/2 cup cheese, cubed
1 cup cooked chickpeas

1. Place lettuce in a bowl.
2. Arrange vegetables, cheese, and chickpeas on top.
3. Serve with low-calorie salad dressings. (See low-calorie meals recipes.)

Makes four servings, about 3 cups each.

Variations: Leaf lettuce, romaine lettuce, spinach, and endive may be used in addition to or instead of iceberg lettuce. Other vegetables such as shredded cabbage, chopped raw broccoli, cauliflower, or zucchini may also be added. Kidney, great northern, pea, or lima beans may be used instead of chickpeas.

Baked Mini Meat Loaves A quick, easy change from hamburger.

3/4 pound lean ground beef, or 1/4 pound lean ground pork and 1/2 pound lean ground beef
3/4 cup uncooked oatmeal
1/4 onion, grated
1/4 teaspoon salt
1/8 teaspoon pepper

1. Mix all ingredients together.
2. Form into four loaves about 2 inches high.
3. Place in large ungreased baking pan. Bake at 375° F until brown and cooked through, about 25 to 30 minutes.
4. Pour fat from pan before serving.

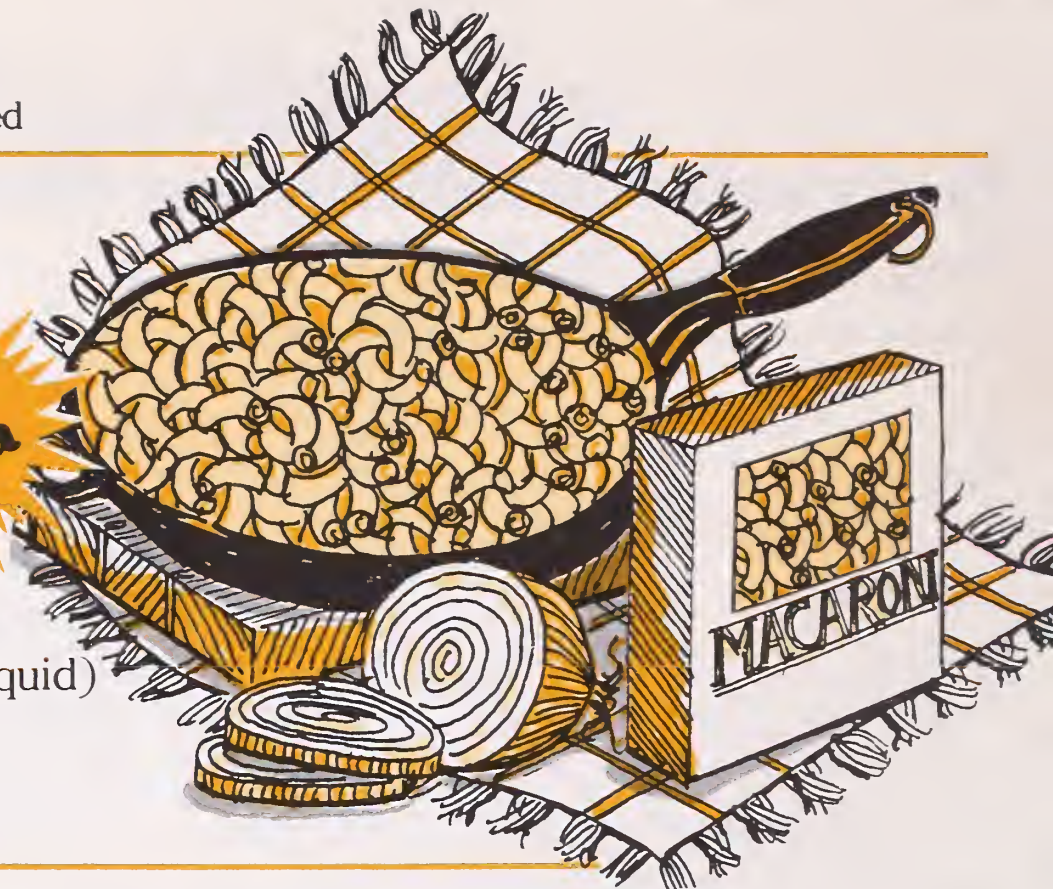
Makes four servings.

Beef, Beans, and Macaroni Chili

This dish makes a little meat go a long way.

New Idea

- ½ pound ground beef
- 1 small onion, chopped
- 2 cups canned tomatoes (save liquid)
- 1¾ cups cooked kidney beans (save liquid)
- 2 teaspoons chili powder
- ¾ cup uncooked elbow macaroni



1. Fry ground beef and onions in pan until lightly browned. Drain off fat.
2. Chop tomatoes.
3. Add enough water to tomato and bean liquid to equal 1 cup.
4. Add chopped tomatoes, kidney beans, liquid, chili powder, and macaroni to beef mixture. Simmer, covered, about 20

minutes until macaroni is tender. Stir occasionally to keep from sticking.

5. Thin with a little water during cooking, if necessary.

Makes four servings, 1 heaping cup each.

Variations: Red pepper, cayenne pepper, or tabasco sauce may be added for more spice.

Pineapple Cheesecake

Contains less sugar and fat and tastes good, too!

- 1 cup graham cracker crumbs
- 3 tablespoons margarine, melted
- 3-ounce package lemon-flavored gelatin
- 1 cup boiling water
- 1½ pounds lowfat cottage cheese

- 2 tablespoons sugar
- 8½ -ounce can crushed pineapple, packed in natural juices or light syrup
- 1 tablespoon water
- 2 teaspoons cornstarch

1. Mix crumbs and margarine, press into bottom of an 8-inch-square pan, and chill.
2. Dissolve gelatin in boiling water and cool until lukewarm.
3. Blend cottage cheese and sugar with a hand mixer or fork. Slowly add the dissolved gelatin and mix well.
4. Pour the above into crust mixture and chill until firm.

5. Stir cornstarch and tablespoon of water in a saucepan until smooth. Blend pineapple and its juice into cornstarch mixture and bring to a boil, stirring constantly.

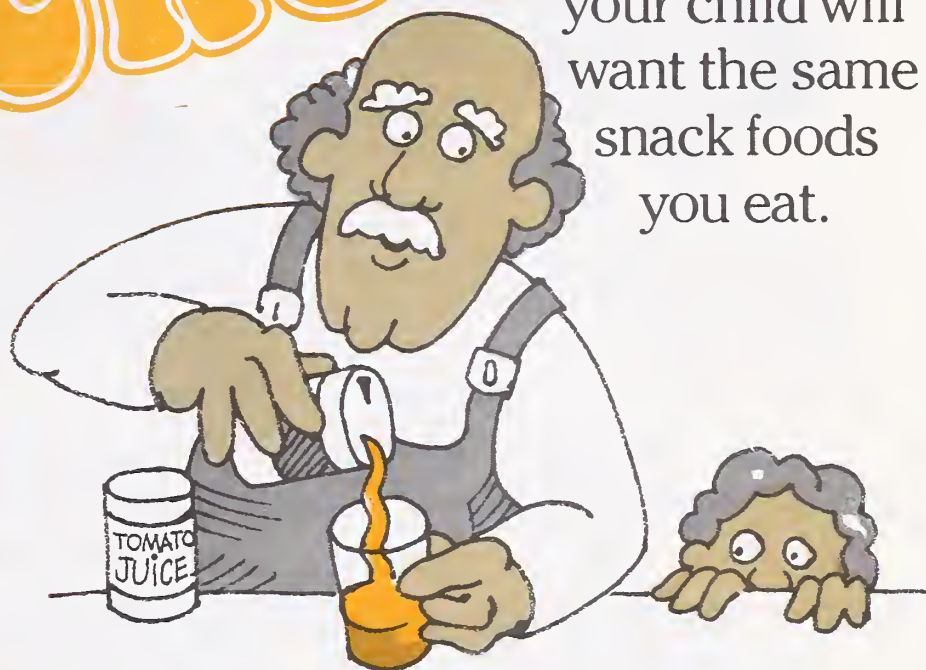
6. Cool 15 minutes.

7. Spread cooled pineapple mixture over cheesecake and chill 1 hour or more.

Makes 12 servings.

Snappy Snacks

1. Remember, your child will want the same snack foods you eat.



2. Choose or make snacks that are good for your health.



3. You can make good snacks from foods you have around the house.



Snack Ideas



Thirsty

Water
*Fruit popsicle
Fruit juice
*Fruit shake
Milk
*Fruit juice surprise
*Orange punch

Crunchy

Vegetable Salad
Vegetable sticks with *bean dip
*Cheesy popcorn
Apple wedges with peanut butter
*Mixed dry cereal and nuts
*Soft pretzel

Hungry

*Cottage cheese
cinnamon toast
Banana sandwich
Melted cheese toast
*Pizza
Sandwich

**Recipe included*

Snack Recipes

Soft Pretzels

Fun to twist any way you like!

1 loaf of frozen bread dough
Poppy or sesame seeds

1. Thaw covered dough overnight in refrigerator, or for several hours at room temperature, until soft enough to shape.
2. On a floured surface, cut dough the long way into 8 strips. Cover and let rest 10 minutes.
3. Roll each strip on floured surface or between floured hands until $\frac{1}{2}$ inch thick and 18 inches long.
4. Shape strips into pretzel shape and place on greased cookie sheets. Brush with lukewarm water. Sprinkle lightly with sesame or poppy seeds.



5. Let rise, uncovered, for 15 to 20 minutes in warm, draft-free place.
6. Place a shallow pan of water on bottom shelf of oven. Preheat to 425° F.
7. Bake pretzels on center shelf of oven for 18 to 20 minutes (until golden brown).

Makes 8 large snacks.

Mixed Dry Cereal and Nuts

A crunchy, low-salt treat that is a sure crowd pleaser.

2 tablespoons margarine
 $\frac{1}{4}$ cups unsalted roasted peanuts
 $2\frac{1}{2}$ cups assorted unsweetened,
ready-to-eat cereals
1 teaspoon paprika
 $\frac{1}{4}$ teaspoon onion powder
 $\frac{1}{8}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoons chili powder

1. Preheat oven to 250° F.
2. Melt margarine in large baking pan in oven.
3. Remove pan from oven, stir in nuts and cereals, mix well.
4. Sprinkle with seasonings, stir well.
5. Bake uncovered in oven 20 to 30 minutes, or until light-colored cereals begin to brown. Stir every 10 minutes.
6. Serve warm or cooled.
7. Store cooled cereal snack in tightly closed containers.
8. If snack needs recrisping, reheat in 250° F oven for a few minutes.

Makes 9 servings, $\frac{1}{3}$ cup each.

Popcorn with Cheese

This is a delicious snack!

- 2 tablespoons oil
- $\frac{1}{3}$ cup popcorn
- $\frac{1}{3}$ cup grated cheese

1. Heat oil in a deep pan with a lid, until oil is hot enough to pop a popcorn kernel.
2. Pour popcorn into pan, cover, and reduce heat to medium. Shake pan over the burner until all corn is popped.
3. Sprinkle grated cheese over popped corn, stir well.

Makes four servings, about $1\frac{1}{2}$ cups each.

Variations: Cheese-coated popcorn may be baked at 300° F for 10 to 15 minutes to dry it out and make it crispier.

Chili Bean Dip

Tasty on tacos, too!

- $1\frac{3}{4}$ cups cooked kidney beans
- 1 tablespoon vinegar
- $\frac{3}{4}$ teaspoon chili powder
- $\frac{1}{8}$ teaspoon ground cumin
- $\frac{1}{8}$ small onion, very finely chopped
- Raw vegetable sticks

Makes $1\frac{1}{3}$ cups.



Fruit Popsicles

Your children will love this low-sugar treat.

- 1-pound can fruit, packed in juice or light syrup

1. Pour fruit and juice into a food mill.
2. Blend until fruit and juice look like a smooth, thick soup.
3. Fill a 5-ounce cup with fruit mixture to $\frac{1}{4}$ inch below top and place in freezer.
4. After an hour, when fruit mixture should be partially frozen, put a plastic or wooden spoon or popsicle stick down into the center of each cup. Return cups to freezer.
5. In about 3 hours, fruit mixture should be completely frozen. Take a cup out and warm between hands until popsicle can be pulled out of the cup by the handle.

Variations: Fruit popsicles can be made with fruit juice alone. Using 16 ounces of juice, follow instructions after step 3.

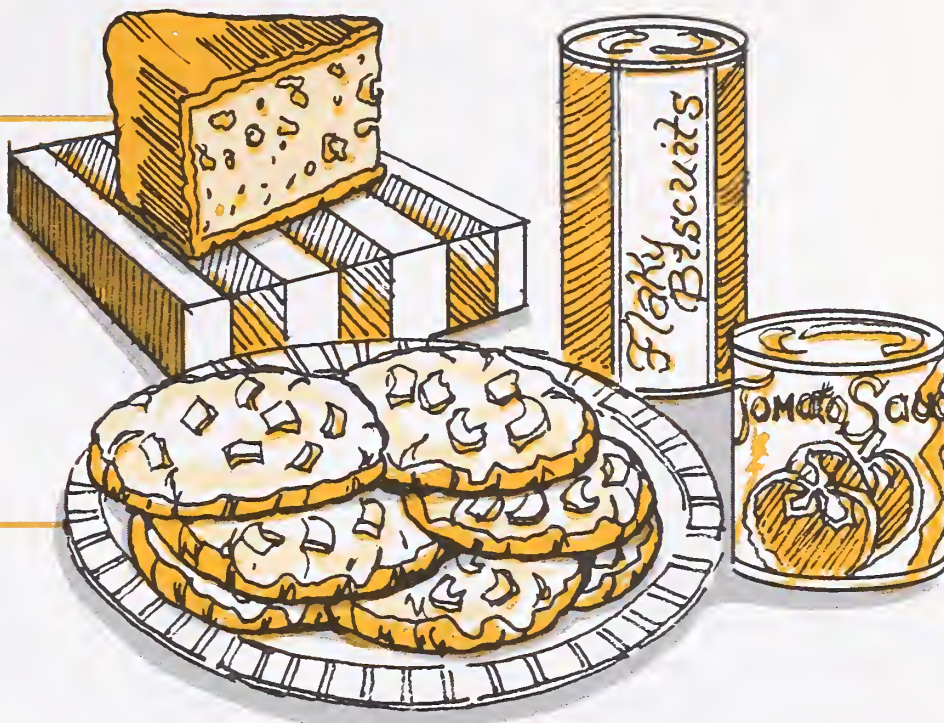
1. Drain beans. Save liquid for soup.
2. Place drained beans, vinegar, chili powder, and cumin in a bowl. Blend or mash until smooth.
3. Stir in onion.
4. Serve with raw vegetables such as green pepper, carrots, green beans, celery, broccoli flowers, and tomato, or with crackers.

Snack Pizza

Fun for hungry kids to make.

- 12-ounce can (10 biscuits) flaky refrigerator biscuits
- $\frac{1}{3}$ cup tomato sauce
- 1 teaspoon oregano
- $\frac{1}{2}$ small onion, chopped
- $\frac{1}{2}$ cup shredded or thinly sliced cheese

1. Preheat oven to 400° F.
2. Pat each biscuit into a 4-inch circle on greased cookie sheets.
3. Mix tomato sauce and oregano. Spoon sauce on each biscuit round.
4. Sprinkle onions and cheese over tomato sauce.
5. Bake about 15 minutes or until crust is lightly browned.
6. Refrigerate or freeze extra pizzas. Reheat at 350° F, 5 to 10 minutes if refrigerated, and 10 to 15 minutes if frozen.



Variations: Flour tortillas can be used instead of biscuits. Sliced green pepper may be added on top. Other herbs, such as basil and thyme, may be sprinkled on top.

Fruit Juice Surprise

A nutritious drink.

- 3 cups unsweetened fruit juice (grape, pineapple, apple, etc.)
- 1 cup fruit pieces, such as apple, banana, and orange

Cut up fruit. Put some fruit in each glass; add juice.

Makes four servings, 1 cup each.

Cottage Cheese Cinnamon Toast

Good for breakfast and lunch, too.

- 4 slices whole-grain bread
- 1 cup lowfat cottage cheese
- Cinnamon

1. Toast bread.
2. Spread $\frac{1}{4}$ cup cottage cheese on toast.
3. Sprinkle lightly with cinnamon.
4. If desired, place cottage cheese toast under broiler until cheese is warm.

Makes four servings.

How To Lose Weight

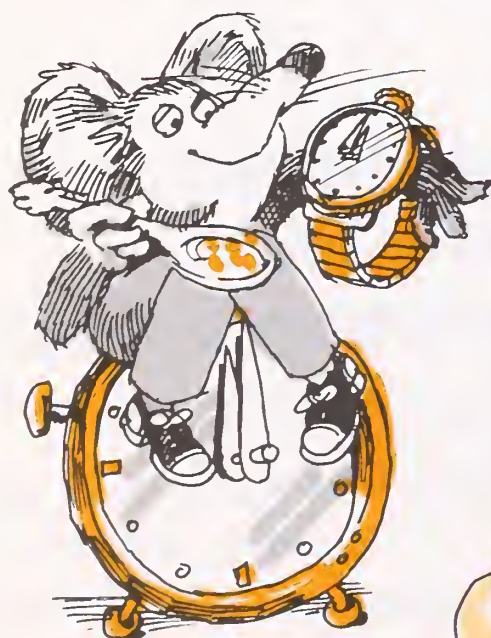


Get daily exercise

Eat smaller portions



Use a smaller plate



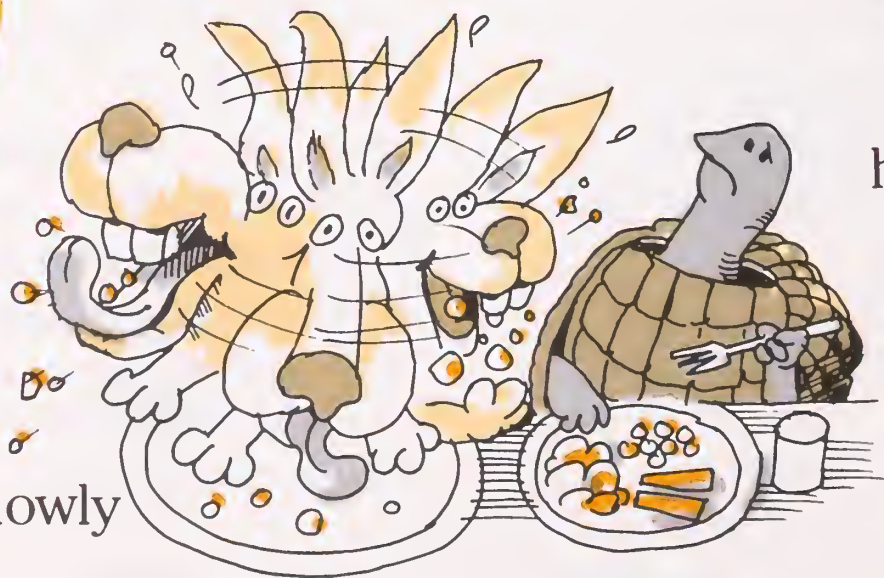
Have regular meals



Eat fewer sweets and fats



Stop high-calorie snacking



Eat slowly

Too much weight
can cause health
problems.

Low Calorie Meals

1200 Calories

Serving size

Calories

Breakfast

Orange juice	6 oz	89
Melted cheese on shredded wheat	1 oz 1 biscuit	105 88
Beverage		

Lunch

*Vegetable soup	1 cup	48
Hamburger, lean	3 oz, cooked	240
French or Italian type bread or roll	1 slice	73
Skim milk	1 cup	85

Dinner

*Baked fish with creole sauce	1 serving	91
Rice	½ cup	92
Cooked okra	½ cup	27
Cucumber spears	½ cup	10
Fruit	1 med. piece	63
Beverage		

Snack

*Banana milkshake	1½ cups	187
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Total Calories 1198

More active women and men may need more calories. Increase serving sizes or add a slice of bread to meals to reach 1500 calories.

Serving size

Calories

Breakfast

Grapefruit half	½ grapefruit	55
Low-sugar, ready- to-eat cereal	1¼ cups	106
Skim milk	½ cup	43
Beverage		

Lunch

*Tuna-apple salad	½ cup	126
Whole-wheat crackers	5 crackers	81
Skim milk	1 cup	86
Beverage		

Dinner

*Bean-cheese enchiladas	2	472
Spinach	½ cup	23
Tossed salad	1¼ cups	17
*Low-calorie salad dressing	2 tablespoons	14
Fresh fruit	1 med. piece	80
Beverage		

Snack

*Fruit and juice gelatin	¾ cup	96
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Total Calories 1199

*Recipe included

Low-Calorie Recipes

Vegetable Soup

Great as part of a meal or as a snack.

- 3½ cups water
- 2 beef, chicken, or vegetable bouillon cubes
- ¼ teaspoon garlic powder
- pinch of pepper
- 1 small onion, chopped
- 3 large stalks celery, chopped
- 2 carrots, thinly sliced
- ⅛ head cabbage, shredded
- 1 cup canned tomatoes



1. Bring water to a boil and add bouillon cubes, garlic powder, and pepper.
2. Add onions, celery, carrots, and cabbage. Boil gently until vegetables are tender.
3. Add tomatoes. Boil gently just until heated through.

Makes four servings about 1 cup each, with 48 calories per serving.

Variations: Other herbs and spices may be added, including ½ teaspoon basil and 1 bay leaf; and red pepper, cayenne pepper, or tabasco sauce.

Use 3½ cups of chicken or beef stock instead of the water and bouillon cubes.

Baked Fish with Creole Sauce

Delicious with rice!

- ¾ pound fresh or frozen fillets or 1½ pounds whole fish
- ½ small onion, chopped
- ⅓ small green pepper, thinly sliced
- 8-ounce can tomato sauce
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Makes four servings, with 91 calories per serving.

1. Thaw fish, if frozen.
2. Rinse fish in cool water. Drain well.
3. Preheat oven to 350° F.
4. Place fish in 9- by 9- by 2-inch baking pan.
5. Mix together onion, green pepper, tomato sauce, chili powder, and salt and pepper. Pour over fish.
6. Cover pan and bake until fish flakes easily with fork (20 to 30 minutes for fillets, 30 to 40 minutes for whole fish).

Tuna-Apple Salad

Try as a crunchy salad or in a sandwich.

New
Idea

6½ - or 7-ounce can fish (packed in water)

1 unpeeled diced apple

1 stalk celery, chopped

2 tablespoons mayonnaise

1 tablespoon lemon juice

Lettuce as desired

1. Rinse and drain tuna.

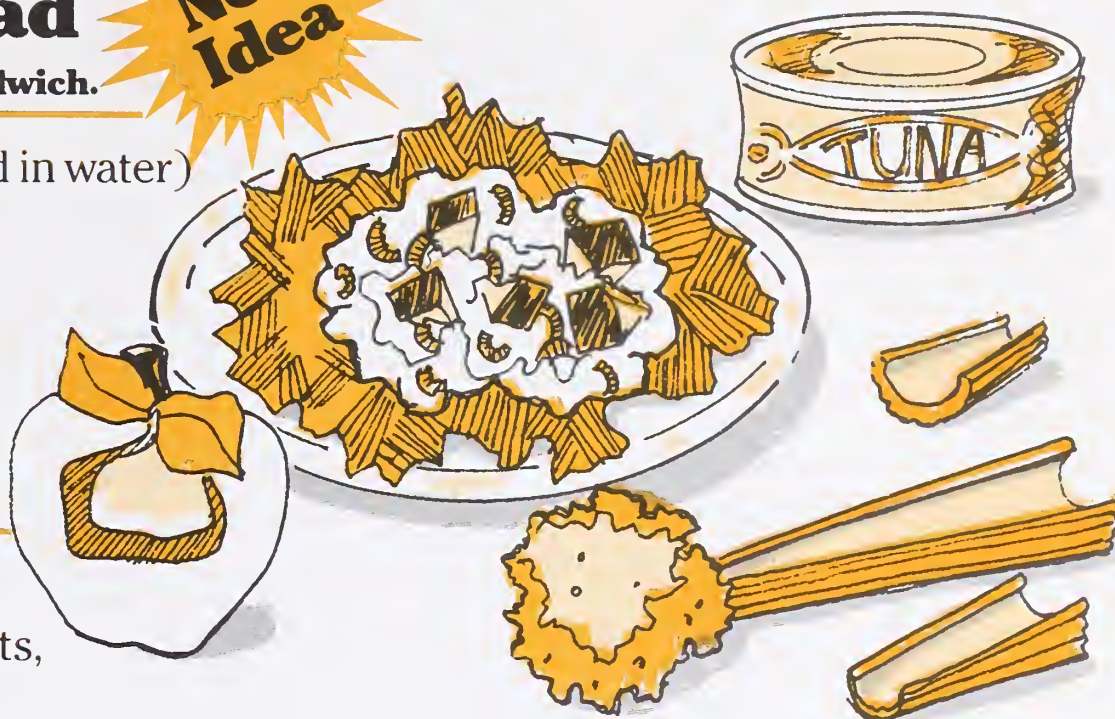
2. Mix tuna and other ingredients, except lettuce, in bowl.

3. Use immediately or chill 1 to 2 hours.

4. Serve on a bed of lettuce leaves.

Makes four servings, about ½ cup each, with 126 calories per serving.

Variations: Oil-packed instead of water-packed tuna may be used. Pour oil from tuna can, rinse tuna with cold water, and drain well.



Banana Milkshake

Frosty and refreshing!

1 cup milk, made from nonfat dry milk

1 banana

1. Mash banana well, add milk and blend with beater or shake in jar.

2. Serve immediately or refrigerate and serve later.

Makes one serving, about 1½ cups, with 187 calories.

Variations: ½ teaspoon vanilla extract may be added.

Fruit and Juice Gelatin

A low-sugar dessert for all the family.

1 tablespoon unflavored gelatin

2 cups unsweetened fruit juice (do not use fresh or frozen pineapple juice; it will not gel)

1 cup sliced fruit such as peaches, pears, apples, bananas, berries, etc.

1. Mix together ¼ cup juice and gelatin in a bowl.

2. Measure another ¼ cup juice, boil it, then add hot juice to the above mixture and stir until gelatin is dissolved.

3. Add remaining juice and stir.

4. Put in refrigerator to set.

5. After the gelatin begins to set a little, add the sliced fruit and return gelatin to refrigerator until firm.

Makes four servings, about ¾ cup each, with 96 calories per serving.

Bean and Cheese Enchiladas

This meatless meal is a Mexican specialty.

8 large corn tortillas
1 teaspoon oil
1 green pepper, chopped
2 small onions, chopped
3 tablespoons chili powder
 $\frac{3}{4}$ teaspoon garlic powder
 $\frac{3}{4}$ teaspoon onion powder
 $1\frac{2}{3}$ cups cooked kidney beans
 $\frac{1}{2}$ cup lowfat cottage cheese
 $10\frac{3}{4}$ -ounce can tomato puree or sauce
2 ounces grated Monterey Jack cheese

Makes four servings, two tortillas each, with 472 calories per serving.

Variations: Red pepper, cayenne pepper, or tabasco sauce may be added to filling and/or sauce.

If tortillas are hard to roll up, they may be softened by steaming. To steam, place two to three tortillas at a time in a strainer or in a piece of foil bent into a bowl-like shape. Place them OVER, NOT IN, boiling water. Cover and steam 2 to 3 minutes, just until softened.

Creamy Low-Calorie Salad Dressing

A tangy Russian dressing.

1 cup lowfat cottage cheese
 $\frac{1}{4}$ cup lemon juice or vinegar
 $\frac{1}{2}$ cup tomato juice

1. Blend all ingredients with hand beater until very smooth.
2. Store in covered jar in refrigerator.

Makes $1\frac{3}{4}$ cups, with 14 calories per 2 tablespoons.

1. Cook onion and green pepper in oil until soft.
2. Drain beans and mash.
3. Add 2 tablespoons of the chili powder, $\frac{1}{2}$ teaspoon of the garlic powder, 3 tablespoons of the tomato puree or sauce, and the mashed beans and cottage cheese to the onions and green pepper. Mix well.
4. Place 3 tablespoons of the bean and cheese mixture on each tortilla.
5. Roll tortillas up and place in a baking dish.
6. In a small bowl, combine remainder of tomato puree, remainder of the garlic powder, and all of the onion powder. Stir well.
7. Pour the seasoned tomato puree or sauce over the enchiladas, and top with grated cheese.
8. Cover and bake at 350° F for 20 to 30 minutes, until heated through and cheese on top is melted.

French-Style Low-Calorie Salad Dressing

Has no fat and tastes good, too!

1 cup tomato juice
2 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon oregano
pinch of garlic powder
pinch of pepper

1. Put all ingredients together in a jar and shake well.
 2. Store in a covered jar in refrigerator.
- Makes about 1 cup, with 7 calories per 2 tablespoons.*